

Fuelling Your Body.

Fuelling our body is essential to move and produce energy, it is linked to all aspects of wellbeing – mental, physical and emotional.

To produce energy at an optimum level and enable this fuel to last it should be healthy in origin so it can stabilise the sugar in our blood (Blood Glucose), strengthens our skeletal system, repairs and enables muscles to grow keep those neurons firing in our brain so we can stay focused on whatever task we may be carrying out!

Here are some tips on how to fuel your body:

- Fuel up before exercise using sources of complex carbohydrates such as oats and whole wheat bread (yes, you can eat bread)
- Eat fruit and veg! They provide the essential vitamins and minerals that controls our blood glucose, metabolism and digestive system! Can be eaten pre or post workout
- Cut down on simple carbohydrates such as soda, pastries, ice cream. To be eaten in moderation and not used as your primary source of fuel.
- Eat lean meats such as chicken, turkey, fish, eggs for a super source of protein. Protein is an essential source to repair and encourage muscle growth post workout.
- Hydrate! Hydrate! Hydrate! We cannot function if we do not hydrate. Staying hydrated keeps us cool, enables the transportation of nutrients, aids in digestion, lubricates our joints and so much more!

